

America's First Choice

TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, FEBRUARY 7, 2003

VOLUME 28, NUMBER 5



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Fallen Heroes

"The same Creator who names the stars also knows the names of the seven souls we mourn today. The crew of the shuttle Columbia did not return safely to Earth; yet we can pray that all are safely home."

- President Bush

For more on the loss of the Columbia and her crew, turn to Page 17

Commander's Corner

Past week prompts reflection, recognition



By Brig. Gen.
Brad Baker
60th AMW
commander

The Travis community shared in the nation's mourning last weekend when the space shuttle Columbia did not survive re-entry into Earth's orbit after its 16-day mission. Among the seven astronauts were two Air Force warriors ... **Col. Rick Husband** and **Lt. Col. Michael Anderson** (see Page 17). This tragedy drives home the fact that people who raise their right hand are a special breed ... whether they are astronauts flying in a shuttle exploring the universe ... or flying missions in support of Operation Enduring Freedom, we share a common bond that we're willing to risk our lives to preserve democratic principles of liberty and freedom.

I know I've said it before, but I'll say it again ... I just couldn't be prouder of you — the Travis team — for serving at home and abroad with honor. In every step you've taken care of mission requirements, while looking out for the team and ensuring success.

Visitors to Travis

Our **National Prayer Luncheon** is scheduled for Tuesday

and we welcome our featured guest speaker **Col. Cecil Richardson** from Air Combat Command. We appreciate that he's been able to take the time to visit with our team here for this special event. In addition, we welcome the **Air Force's Hennessy Team**, which is here to see the great people who make the food services flight in our **60th Services Squadron** Air Mobility Command's best.

2002 Annual Award winners

Of all the events we've hosted in recent days at Travis, one of the best was our annual awards banquet on Jan 31. It's always rewarding to recognize our winners in the wing, but it's even more gratifying to recognize an award winner who is serving downrange in a deployed location, as in the case of **Senior Master Sgt. Marcus Reich** of the 60th Aircraft Maintenance Squadron. Sergeant Reich was selected as 60th Air Mobility Wing's Senior Noncommissioned Officer of the Year. My hat's off to him ... and the great work he's doing for us in support of Operation Enduring Freedom.

My hat's also off to the other 60th AMW award winners, which include Senior Company Grade Officer of the Year, **Capt. Rosalyn Whyte** of the 60th Services Squadron; Junior Company Grade Officer of Year, **2nd Lt. Keith Strandell** of the 60th Communications Squadron; First Sergeant of the

Year, **Master Sgt. Mark Stevenson** of the 22nd Airlift Squadron; Noncommissioned Officer of the Year, **Staff Sgt. Michelle Almarode** of the 60th AMW; Airman of the Year, **Airman 1st Class Cynthia Arpan** of the 60th Component Maintenance Squadron; Civilian Manager of the Year, **David Pinckney** of the 60th Civil Engineering Squadron; and Civilian Employee of the Year, **Nick Bugni** of the 60th and 349th Equipment Maintenance Squadron (see Page 3). Great job to each and every one of you ... and I'm pleased to have you on the Travis team.

PA triad members earn top honors

Special recognition is also due to our superstars in the Air Force's **Band of the Golden West**. This troupe routinely performs in our local communities, in addition to gigs up and down the West Coast ... helping increase awareness of and support for the world's best Air and Space Force. Hearty congratulations are due to **Maj. Doug Monroe** for earning AMC's Outstanding Band Officer of the Year and **Tech. Sgt. Matthew Baloun** for earning AMC's Noncommissioned Officer of the Year.

Also, kudos are due to our own combat public affairs troop, **Tech. Sgt. Jim Verchio**, who captured the C-5 story in Afghanistan "Giving Fred the Edge" and also captured AMC's Public Affairs Noncommissioned

Officer of the Year award for 2002. Well done!

The 60th Component Maintenance Squadron

There are also unsung heroes behind the scenes ... and several are in the 60th CMS, under the leadership of **Lt. Col. Lori Bass**. I had the opportunity to meet with folks from this unit, and in particular **Senior Airman Joshua Worthen** and his young family, who've been faced with exceptional life challenges.

In November, it was discovered by our **60th Medical Group professionals** that Airman Worthen required immediate surgery to remove a brain tumor. Nearly three months following the operation he is doing just great (see Page 18).

The tremendous support he received from his unit has been superb ... and really exemplifies the concept of the "Air Force family."

I'd like to highlight some of those unsung heroes of the maintenance corps, who often work long shifts to keep our fleet moving, in addition to selflessly caring for one of our airmen in need ... **Steve Francis**, **Senior Master Sgt. Michael Shih**, **Tech. Sgt. Gary Deakin**, **Staff Sgt. Randy Van Horn** and the rest of **CMS avionics flight** ... thank you for your service, integrity and excellence ... God bless you, the Travis team and God bless America!

Tailwind

Travis AFB, Calif.
60th Air Mobility Wing

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60th Air Mobility Wing commander

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The TAILWIND is published by the Daily Republic, Fairfield, Calif., a private firm in no way connected with the U.S. Air Force, under exclusive contract with the 60th Air Mobility Wing. This commercial enterprise newspaper is an authorized publication for members of the U.S. military services.

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Editorial content is edited, prepared and provided by the 60th Air Mobility Wing Public Affairs Office at Travis AFB, Calif. All photographs are U.S. Air Force photos unless otherwise indicated.

Correspondence may be sent to: 60th AMW/PA; 400 Brennan Circle; Travis AFB, CA 94535-5005, faxed to 424-5936 or emailed to tailwind@travis.af.mil. Deadline for copy is 4:30 p.m. Friday for the following Friday's issue. Swap Ads must be brought to Bldg. 51 by noon Monday for possible print in that Friday's issue. E-mailed or faxed Swap Ads will not be accepted.

For information on paid advertising and on-base circulation, call (707) 425-4646. Correspondence may be sent to: Daily Republic; 1250 Texas St.; Fairfield, CA 94533 or faxed to (707) 425-5924.

On the Cover



By Tech. Sgt. Mark Diamond

This week's cover was designed in commemoration of the Columbia crew. See Page 17.

AF leaders address space shuttle tragedy

By Dr. James G. Roche

Secretary of the Air Force

and Gen. John P. Jumper

Air Force chief of staff

On Saturday, Feb. 1, our nation and the world lost seven courageous, talented individuals when the Space Shuttle Columbia Orbiter (STS-107) experienced catastrophic failure 15 minutes prior to landing at Kennedy Space Center, Fla.

Among these brave astronauts were two officers from the Air Force family: Col. Rick Husband, mission commander, from Amarillo, Texas; and Lt. Col. Michael Anderson, payload commander, from Spokane, Wash.

On behalf of the men and women of the U.S. Air Force, we offer our deepest condolences to our Air Force family members Evelyn Husband and her children Laura

and Matthew, and Sandra Anderson and her children Sydney and Kaycee. We stand together with all Americans in offering our prayers for the families, friends, and co-workers of those lost in this tragic accident. We will never forget their great contributions to our nation and the world.

While we are deeply saddened by this tragic loss, we are also very proud of the Air Force team that has tirelessly assisted in the response to this national tragedy.

Air Force Space Command units from Peterson, Buckley, and Patrick AFBs provided tracking data as part of the accident investigation.

Tanker units from Birmingham, Ala., and fighter squadrons from Texas and Louisiana supported a number of search and recovery actions. We've also flown communications support out of Texas and Okla-

homa and provided airlift support from McGuire AFB. Barksdale AFB provided part of the Initial Response Teams supporting the Texas Department of Public Safety in recovery efforts, and continues to function as the Federal Emergency Management Agency's Consequence Management Operations Center and NASA Shuttle Recovery Center. The Air Force family will continue to offer support to the astronaut's families, DoD, NASA, FEMA and state organizations.

We grieve for our friends and co-workers, but we also join the rest of the world in celebrating seven lives well lived and promise to continue to support the space program's noble mission of discovery.

May God bless the grieving families, our men and women in uniform, and the United States of America.

'Best of the Best'

60th AMW names annual award winners



Kristina Cline / 60th CS Visual Information

Airman 1st Class Cynthia Arpan
60th Component Maintenance Squadron
Airman of the Year



Kristina Cline / 60th CS Visual Information

Staff Sgt. Michelle Almarode
60th Air Mobility Wing
NCO of the Year



Nan Wyle / 60th CS Visual Information

Master Sgt. Mark Stevenson
22nd Airlift Squadron
First Sergeant of the Year



Senior Master Sgt. Marcus Reich
60th Aircraft Maintenance Squadron
Senior NCO of the Year
(Photo not available)



Nan Wyle / 60th CS Visual Information

2nd Lt. Keith Strandell
60th Communications Squadron
Junior CGO of the Year



Nan Wyle / 60th CS Visual Information

Capt. Rosalyn Whyte
60th Services Squadron
Senior CGO of the Year



Nan Wyle / 60th CS Visual Information

Nick Bugni
60th/349th Equipment Maintenance Squadron
Civilian Employee of the Year



Nan Wyle / 60th CS Visual Information

David Pinckney
60th Civil Engineering Squadron
Civilian Manager of the Year

During a ceremony Jan. 31 at the Delta Breeze Club, the 60th Air Mobility Wing named the top airmen, NCOs, officers and civilian employees of the year.

The winners are:

» **Airman 1st Class Cynthia Arpan**, a Precision Measurement Equipment Laboratory journeyman assigned to the 60th Component Maintenance Squadron, captured top honors in the Airman of the year category.

» **Staff Sgt. Michelle Almarode**, 60th Air Mobility Wing assistant NCO in charge of wing executive serv-

ices, was named Noncommissioned Officer of the Year.

» **Senior Master Sgt. Marcus Reich**, a support support flight chief with the 60th Aircraft Maintenance Squadron, won in the Senior NCO of the Year category. (Reich was not available to have his photo taken.)

» **Master Sgt. Mark Stevenson**, the 22nd Airlift Squadron first sergeant, won top honors in the First Sergeant of the Year category.

» **2nd Lt. Keith Strandell**, a information systems operations officer assigned to the 60th Communica-

tions Squadron, was named Junior Company Grade Officer of the Year.

» **Capt. Rosalyn Whyte**, 60th Services Squadron Combat Support Flight commander, was named Senior CGO of the Year.

» **Nick Bugni**, 60th/349th Equipment Maintenance Squadron, captured the Civilian Employee of the Year award.

» **David Pinckney** of the 60th Civil Engineering Squadron was named Civilian Manager of the Year.

Travis resumes anthrax vaccination program

Troops protect themselves with vaccine

By 1st Lt. Angela Arredondo
60th AMW Public Affairs

Travis has resumed the Department of Defense Anthrax Vaccination Immunization Program for designated personnel stationed or deploying to higher threat areas whose performance is essential for mission critical capabilities.

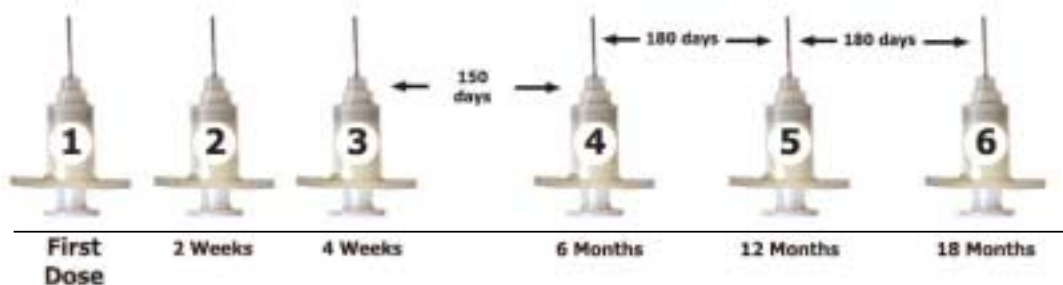
The Anthrax Vaccination Immunization Program, or AVIP, was reintroduced June 28, 2002, by the DOD, Department of Health and Human Services and other federal agencies as a coordinated force protection program to defend designated people against possible, future anthrax incidents. The program began here Nov. 12 and about 425 Travis members have received the immunizations. Additionally, the program has been implemented at forward operating locations, where many Travis personnel are deployed.

"The Anthrax threat is real," said Maj. Ron Lahti, Travis Public Health Flight commander. "Anthrax is the biological weapon of choice because it is cheap, easy to produce and disperse, and it can kill. Several potential adversaries have developed Anthrax for offensive, warfare usage."

The Anthrax threat was reaffirmed immediately after the attacks of Sept. 11, 2001, when men and women from Florida, Virginia, Washington, D.C., New Jersey, New York and Connecticut contracted cutaneous (skin) and inhalational anthrax. There were seven confirmed and four "probable" cases of cutaneous anthrax; all of the victims survived. However, 11 people contracted inhalational anthrax and five died.

The vaccination program is being reintroduced in phases and only certain groups are currently eligible for the vaccine. These groups include designated special mission units, manufacturing and DOD research personnel, and people assigned or deployed for more than 15 consecutive days to selected higher threat areas, primarily in Southwest Asia. This

Anthrax Vaccine Schedule



Six shots in 18 months:

Personnel who are required to receive the Anthrax vaccine will receive six shots over an 18-month period, then one shot each year thereafter. Immunity reaches a protective level after the third shot, and additional shots boost the immune system to maintain protection.

Personnel previously vaccinated:

Personnel who previously received the Anthrax vaccine will start the new series of shots where they left off.

SOURCE: 60th Medical Group

Information graphic by Tech. Sgt. Mark Diamond / 60th AMW Public Affairs

For more information about anthrax

► For more information go to your commanders, first sergeants or health care providers, or point your Web browser to www.anthrax.mil, www.aviationmedicine.com, or www.bt.cdc.gov.

► E-mail questions and answers to avip@otsg.amedd.army.mil, or call DGMIC Public Health at 423-5464, or call 1-877-GET-VACC.

► DGMIC Immunization Clinic Anthrax Vaccination hours of operation are Monday, Wednesday, Thursday and Friday from 7:30 to 10 a.m. and 1 to 3 p.m., and Tuesday from 9 to 11 a.m. and 1 to 3 p.m.



A case of anthrax on a victim's hand.

includes emergency-essential DOD civilians and contractor personnel.

The program will expand to include other priority groups as directives and vaccine availability dictate. All squadrons and units throughout the base are holding briefings to enhance knowledge about the program.

"The Anthrax vaccine is safe and effective," Lahti said. "We know the vaccine works due to numerous and lengthy studies conducted by various medical and research organizations. The Anthrax vaccine works like other vaccines."

Travis members who are designated to receive the vaccine must go to the David Grant Medical Center Immunizations Clinic to get their shots. The series of six shots are typically administered over 18 months, with one shot each year thereafter. Immunity reaches the protective level after the third shot, and additional shots boost the immune system to maintain protection.

People who started the shot series but did not finish, will pick up where they left off, no matter how much time has elapsed since the previous shot.

"Health and safety are our top priorities," Lahti said. "Healthy servicemembers are critical to the successful completion of our vital missions. Vaccinations offer an extra layer of protection in addition to antibiotics and other measures. We must stay vigilant in our fight against bioterrorism."

Anthrax Questions and Answers

What is the new anthrax vaccination policy?

The Department of Defense is resuming the anthrax vaccine Immunization Program consistent with U.S. Food and Drug Administration-approved labeling and the best practice of medicine. DOD policy is to immunize military personnel, emergency-essential DOD civilians and contractor personnel assigned to or deployed for more than 15 days in higher threat areas whose performance is essential for certain mission-critical capabilities.

Do you intend to vaccinate the total force over the long term?

Those plans are dependent upon a number of factors. In the near term, the protection of personnel at higher risk is a priority. Immunizations may be expanded at a future date to provide similar protection as the threat demands and existing supplies allow. Over the long term, the goal is to have an easily administered vaccine, which uses the latest technology and is easily produced for large quantities. The DOD, Department of Health and Human Services and private industry are working together toward this goal.

Will vaccinations under the new program be mandatory?

Yes. It's important all personnel whose duties are essential to these mission-critical capabilities are vaccinated against anthrax. This is for their personal protection and for the success of the military mission.

Is the anthrax vaccine effective?

Yes. The FDA licensed anthrax vaccine absorbed for protection against *Bacillus anthracis*, the bacterium that causes anthrax, when used in accordance with the approved labeling. While no vaccine is 100 percent effective, this vaccine will greatly reduce the risk of contracting anthrax.

Does the vaccine cause serious side effects or death?

Medical experts agree no death and only rare serious side effects have been caused by the anthrax vaccine. Based on more than 30 years of anthrax vaccine use, we know that serious, but temporary injection site reactions do occur. From 30 to 60 percent of people will develop an injection site reaction of some varying degree. The rate of side effects away from the injection site is about the same as for other vaccines. The DOD, FDA, Centers for Disease Control and Prevention and independent civilian physicians review every report of serious illness or death that might possibly be associated with the anthrax vaccination.

If I started the anthrax vaccinations, but I had doses delayed, do I have to restart the series?

No, you do not have to restart the series. You will pick up where you left off. This is consistent with national guidelines since the protection of each dose builds on the immune response to earlier doses and delays in timing do not interfere with the response.

NEWS NOTES

TRAVIS AIR FORCE BASE

Change of command

» **22nd AS** — Lt. Col. Christopher Bence, the former director of operations for the 21st Airlift Squadron, will assume command of the 22nd AS Monday at 2:30 p.m. during a ceremony at Travis' Air Mobility Command Passenger Terminal.

Scholarships

The officers and enlisted spouses clubs are taking applications for their respective

scholarship programs. Scholarships are available to graduating seniors and military spouses.

The Air Force Aid Society is also giving away education grants to children of active duty personnel, retirees, reservists on extended active duty, as well as spouses of active duty personnel and reservists on extended active duty. The deadline for the OSC scholarship application is March 30. The AFAS grant application deadline is March

10. Information and applications for both scholarship programs can be picked up at the Family Support Center.

Prayer Luncheon

Travis will hold its annual National Prayer Luncheon Tuesday at 11 a.m. in the Delta Breeze Club. Tickets cost \$5 and can be purchased through unit first sergeants or at the Chapel Center. The guest speaker is Chaplain (Col.) Cecil Richardson, the ACC command chaplain.

Mentor program

Travis Air Force Base is starting a chapter of the Air Force Cadet Officer Mentor Action Program to promote

Public Affairs Awards

Several Travis individuals were recently named winners in the 2002 Public Affairs Achievement and Media Awards. They are:

- » AMC Outstanding Public Affairs Noncommissioned Officer: **Tech. Sgt. Jim Verchio**, 60th Air Mobility Wing Public Affairs.
- » Outstanding Band NCO: **Tech. Sgt. Matthew Baloun**, U.S. Air Force Band of the Golden West.
- » Outstanding Band Officer: **Capt. Douglas Monroe**, U.S. Air Force Band of the Golden West.
- » Additionally, the base newspaper, **Tailwind**, was named the best newspaper in the command, and the **Tailwind Online** (<https://www.travis.af.mil/news/>) was named best Web-based Publication in AMC.

professional and leadership development for Air Force officers and officer candidates (cadets).

People interested in participating should attend a meeting at 1:30 p.m. Feb. 18 in the

Wing Conference Room. For more information contact Lt. Col. Jeff Whittall at 424-7714, Lt. Col. Jim Green at 424-7236, Maj. David Coley at 424-0443 or visit www.afcomap.hq.af.mil.

CRIME STOPPER

TRAVIS SECURITY FORCES ACTIVITY

Jan. 27

- » Welfare check on Hamilton Court
- » Damage to private property reported in the Base Exchange parking area
- » Failure to obey a lawful order in the dormitory area
- » Battery reported on Nevada Street
- » Verbal altercation reported in the dormitory area
- » Verbal altercation reported on Claggett Avenue

Jan. 28

- » Assault of a military member reported in Suisun City
- » Communicating a threat reported from Fairfield
- » Fire dispatch to First Street
- » Major vehicle accident adjacent to Building 205

Jan. 29

- » Minor vehicle accident reported on Lamb Court
- » Child endangerment reported on Travis AFB
- » Unsupervised child reported on Travis AFB
- » Communicating a threat reported from Armstrong Street
- » Civilian DUI offender caught at the Main Gate

Jan. 30

- » Theft of private property reported from Building 777
- » Communicating a threat reported from Fairfield
- » Vandalism reported from the dormitory area
- » Medical emergency reported from Diablo Drive
- » Assault reported from Illinois Street

Jan. 31

- » Assault and communicating a threat reported from the dormitory area
- » Theft of private property reported on Bond Street
- » Possession of contraband reported at Travis Elementary School
- » Loud noise complaint reported from Carlton Court
- » Loud noise complaint reported from Carlton Court
- » Minor vehicle accident involving a military vehicle reported from Santa Rosa, Calif.
- » Military member arrested for obstructing a police officer in Sacramento
- » Medical emergency reported from Vacaville

Saturday

- » Damage to private property reported from Arizona Street
- » Individual apprehended for shoplifting at the BX
- » Animal control issue reported from Arizona Street
- » Military member arrested for domestic violence in Sacramento

Sunday

- » Medical emergency reported on Estes Court
- » Individual apprehended for shoplifting at the BX
- » Theft of private property reported from billeting
- » Medical emergency reported from Building P-3
- » Civil dispute reported from Maine Street
- » Medical emergency reported from Offutt Street
- » Unsecured residence reported on Maine Street
- » Medical emergency reported on Illinois Street

Weekly Tip

If you or someone you know is depressed and needs assistance, don't be afraid to contact the Life Skills Support Center at 423-5174. You may also contact the Security Forces Control Center for emergencies by dialing 9-1-1 or the non-emergency lines at 424-2227 or 424-2800 where an on-call Chaplain will be contacted. Personal problems can be a burden to carry, and burdens are best carried in pairs. Contact someone for help.

A 'STEP' up in life



Arielle Kohn / 60th CS Visual Information

Brig. Gen. Brad Baker, 60th Air Mobility Wing commander, pins technical sergeant stripes on Tech. Sgt. Shawn Webber, 60th Aircraft Maintenance Squadron Blue Flight crew chief. Webber was promoted to technical sergeant Jan. 30 through the Stripes for Exceptional Performers program.

AIR FORCE KNOWLEDGE



The KC-10 Extender

The KC-10A Extender is an Air Mobility Command advanced tanker and cargo aircraft designed to provide increased global mobility for U.S. armed forces. Although the KC-10A's primary mission is aerial refueling, it can combine the tasks of a tanker and cargo aircraft by refueling fighters and simultaneously carry the fighter support personnel and equipment on overseas deployments. The KC-10A can transport up to 75 people and nearly 170,000 pounds (76,560 kilograms) of cargo a distance of about 4,400 miles (7,040 kilometers) unrefueled.

Travis school district holds community meeting in response to statewide budget woes

The Travis Unified School District is holding its final community budget meeting Monday from 7 to 8:30 a.m. at Foxboro Elementary School, located at 600 Morning Glory Drive in Vacaville.

The meeting is being held in response to statewide budget woes, according to TUSD officials.

In a letter to the community, Dr. Jacki Cottingim, TUSD superintendent, said, "As everyone is aware, we are facing some difficult financial times in California and throughout much of the nation. We are being asked to cut major funds from our current year budget."

In his letter, Cottingim said the district will not receive a large portion of the funds for the 2002-2003 school year.

"We are in the process of

making immediate steps to reduce our expenses in order to avoid a major crisis next year," Cottingim added. "As we begin to reduce expenditures, we want to hear from our whole community — our parents, students, staff and district residents. We are asking that, instead of telling us what you want cut, that you instead focus on what your priorities are for students who graduate."

Also, she said people can voice their suggestions on how to save money by e-mailing him at jcottingim@travisusd.k12.ca.us or call 437-8201 or 437-8210.

"If we work together during this time, we will come through it stronger and more focused on our highest priorities," added Cottingim.

DOD tests stateside Space-A dependent travel

By Tech. Sgt. Scott Leas
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. (AMCNS) — Defense transportation officials have announced a one-year test to expand Space Available travel privileges to dependents traveling within the continental United States. The test will begin April 1 and continue through March 31, 2004.

Dependents of active duty and retired military people will soon be able to travel "Space A" aboard military flights when accompanied by their sponsors, according to John Lundebly, Headquarters Air Mobility Command Passenger Policy Branch. "The only thing that has changed is that dependents can now fly on stateside to stateside flights under the same category of eligibility as their sponsor for travel in accordance with the DOD transportation

Defense officials begin one-year test on April 1

regulations," said Lundebly.

Lundebly explained that in December of 2000 Gen. Tony Robertson, then commander in chief of U.S. Transportation Command, sent a memo to the Office of the Deputy Under Secretary of Defense (Logistics) outlining the proposal as a way to improve quality-of-life benefits for military service people and their families. After coordination by the military services, U.S. Transportation Command was given the approval to conduct a one-year test.

"Current regulations prohibit dependents from flying Space Available within the CONUS.

This privilege was available only to active duty and retired military people. During the test period, dependents can accompany them," said Lundebly. "Once all space-required passengers have been accommodated, seats will be opened for space-available travelers."

Retirees may sign up for this program 60 days in advance but not before the test officially begins on April 1. Active duty sponsors must be in a leave or pass status to register for Space Available travel, remain in a leave or pass status while awaiting travel, and be in a leave or pass status the entire period of travel.

Additional Space-A travel and sign-up information is available through AMC's public Web site at <http://amcpubscott.af.mil/Spacea/spacea.htm>. A list of passenger terminals and phone numbers can be found there.

Air Force art series available

The 60th Air Mobility Wing Public Affairs Office is distributing the U.S. Air Force lithograph Centennial of Flight (1903-2003) art series, "Born of Dreams, Inspired by Freedom."

The 18-by-24-inch lithographs depict images of events, people and weapons systems from the past 100 years.

Each lithograph package contains 12 poster-size images.

Lithographs are intended for display in Air Force

common-use areas, such as dormitory dayrooms, hallways in office buildings, and classrooms in Air Force and Defense Department schools. The lithograph program is intended to build, maintain and strengthen airman morale and readiness. They are not designed to provide handouts for open houses or as "gifts" for departing personnel.

To pick up a set of lithographs, visit the 60th AMW Public Affairs Office (Building 51, Room 231), located on Borgan Boulevard next to the Travis Air Museum.



"Air Force Women Pilots, a Generation Gap"



"Glory in the Sun"



"For Spirits That Fly in Shadow"

60th MDG wins national award

By Jim Spellman
60th Medical Group Public Affairs

The 60th Medical Group at David Grant Medical Center was presented the 2001-2002 Picker Institute's No. 1 Benchmark Hospital Award as the "United States' Most Patient-Centered Hospital for Emotional Support Dimension of Care."

The award was presented to Col. James Collier, 60th MDG commander, by Deputy Surgeon General of the Air Force Maj. Gen. Jim Roudebush, during the January Tricare conference in Washington, D.C.

DGMC has received numerous Air Force and Department of Defense awards in the past.

The Picker Institute's award, however, carries a special meaning for all U.S. hospitals, both military and civilian, that participate in the annual ratings.

The Institute's ratings outline eight dimensions of patient-centered care as the key drivers of quality. They include: respect for patient's values, preferences and expressed needs, coordination and integration of care, information, communication and education, physical comfort, emotional support, involvement of family and friends, transition and continuity, and access to care.

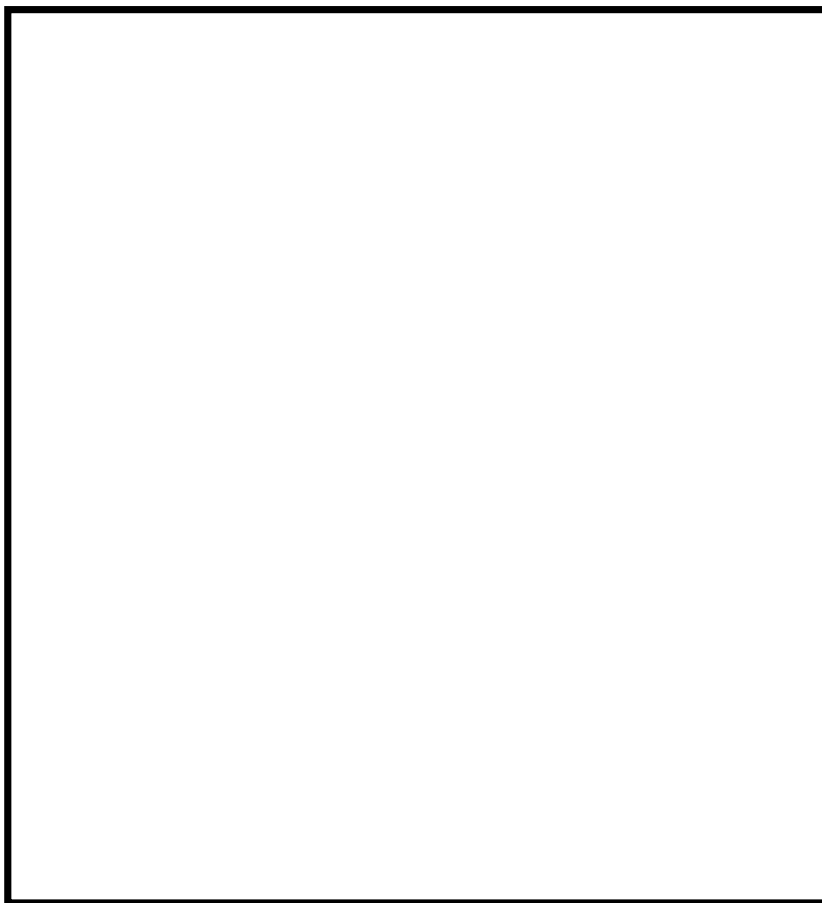
"Understanding how things

look through the patient's eyes should be a central part of any quality improvement program," Collier said. "We certainly try to see it that way here and this award indicates our customers and patients perceive that we're meeting and exceeding the Picker Institute's standards."

DGMC serves a community of more than 88,000 beneficiaries, providing a full scope of medical center specialties and emergency services. Additionally, the medical center provides or arranges comprehensive community and referral health care, readiness, education, research, aeromedical staging and DOD/VA Joint Venture with a staff of nearly 2,000 military and civilian personnel.

"We're winning this award at a time when our operations tempo is extremely high," said Col. Fred Hannan, the 60th MDG Deputy Commander. "It's a testimony to the great staff that we have here who provide quality healthcare every day — whenever, wherever our nation calls upon us."

"It's an honor to receive this award. Congratulations to each and every one of you," Collier said to his medical group and staff in accepting the award on behalf of the entire DGMC team. "There is, apparently, nothing that you all can't do!"



'Operation Reduce Deployment Blues' begins

1st Lt. Marisa Alvarado-Brown
Life Skills Support Center

Responses to questions in the Defense Department's Survey of Health Related Behaviors in the Military indicate that family separation is the most common life stressor for the active-duty service member.

We can all bet it's certainly the most common stressor for every military family. We know deployments are never easy, but here are some suggestions to make the road to deployment a bit smoother:

What to expect from children

» Curiosity — Give your children advance warning of your deployment.

Expecting mom or dad to leave for a long period of time eases their fears and allows them time to react to the upcoming big change.

» Sadness — This reaction may even turn into anger. Do not punish your children for "acting out." Try to remember

it's their coping mechanism.

» Abandonment — While this a very common feeling among children, the deploying parent should reassure the child that deployments are temporary and you will be home eventually.

» Fears and confusion — Try to calm your children's fears about deployment. Educate them on your job and how it relates to the overall mission. This is a great opportunity for parents to instill American pride in the hearts of their children.

Tips for parents whose spouse is deployed

» Stay in touch — Write often and speak with your deployed spouse as often as possible. It can be difficult, but check out the resources available at the Family Support Center, you might be surprised.

» Express your feelings — If you can't stay in touch with your deployed spouse, find a way to express your feelings.

Try calling on a good friend or family member for support, or you may try keeping a journal.

» Stay connected — You might want to get involved with the base community. Try taking your child to one of the Family Advocacy-sponsored playgroups; you'll be surprised how many other parents are in your situation.

It may also be a good idea to get your children involved in after school activities, which can serve as an outlet for your children to share similar feelings of frustrations that mom or dad is temporarily gone.

» Squadron Support — You might look into forming a network of spouses with deployed members, if one does not already exist. Or look into the Enlisted or Officer's Wives Clubs.

» Volunteer — David Grant Medical Center is always in need of volunteers, or look into any other establishment on base. You can make a difference.

On the road again?

Take charge of your move with free relocation planning.
Call the Family Support Center at 424-2486



HOMETOWN NEWS RELEASES

Fill out the Department of Defense Form 2266 and bring it in to the Public Affairs Office in Bldg. 51, Room 232.

Officials unveil 2004 budget proposals

WASHINGTON (AFP) — The president's fiscal 2004 budget proposal authorizes \$380 billion for the Department of Defense to win the global war on terrorism and continue the transformation of the military, senior defense officials announced Jan. 31.

The budget also addresses several quality-of-life initiatives, including a military pay raise ranging from 2 percent to 6.25 percent, targeted by rank and years of service. It continues the effort to eliminate out-of-pocket housing expenses by fiscal 2005, reducing overall cost from 7.5 percent to 3.5 percent this year.

The Air Force's portion of the budget, \$93.5 billion, continues the service's investment in its people and readiness while accelerating the service's transformation and integration efforts, according to a senior military budget official.

The budget is divided into four categories: people, readi-



Photo by Staff Sgt. Tony R. Tolley

Airmen provide command and control of an entry-control point at a forward-deployed location supporting Operation Enduring Freedom. The president's budget proposal authorizes \$380 billion for the DOD to win the war on terrorism and continue the military transformation.

ness, infrastructure and modernization.

The largest portion of the Air Force budget, 34 percent, is focused on people and quality-

of-life initiatives because it is a retention-based force.

"We recruit airmen, but

■ SEE BUDGET ON PAGE 14

BUDGET

/ From Page 13

retain families," the senior military budget official said.

The Air Force set aside \$29.4 billion for pay and compensation, almost \$1 billion for recruiting and retention initiatives and \$1.5 billion to replace 2,081 military family housing units, renovate another 1,524 units and fund seven new projects that will privatize and upgrade another 6,950 units.

"The Air Force goal is to eliminate inadequate housing units in (the continental United States) by 2007 and overseas by 2009," the official said.

The Air Force has dedicated 28 percent of its budget, \$25.8 billion, to readiness. This includes \$14.1 billion for flying operations, \$1.8 billion for space operations and \$9.6 billion for mission-support functions.

The Air Force's aging infrastructure led the service to set aside \$4.6 billion of its fiscal 2004 budget to address this problem.

Nearly \$1.4 billion will go toward the sustainment, restoration and modernization of the Air Force's current facilities. Almost \$1 billion will fund military construction projects that address new mission requirements and force-structure changes.

Also included in the infrastructure request is \$2.3 billion in funding for new base and community support projects such as construction of 12 dormitories, four fitness centers, one child development center and one family support center.

Modernization, at \$31.2 billion, is the second largest portion of the Air Force's budget. It includes \$12.5 billion for research, development, testing and evaluation, and \$2.2 billion for science and technology.

Also included is \$16.5 billion for the procurement of new aircraft, unmanned aerial vehicles and space systems including:

— 22 F/A-22 Raptors. — 11 C-17 Globemaster IIIs. — Five C-130J Hercules. — 52 T-6A Texan IIs. — Four RQ-4A Global Hawks. — 16 RQ-1 Predators. — Two CV-22 Osprey. — Four Evolved Expendable Launch Vehicles.

"We think this is a good budget that accelerates our transformation and integration efforts to adapt to the changing world environment while still maintaining the gains in our readiness and people programs," the senior military budget official said.

Travis dining facilities benefit from CIA training

By Linda Mann-Iamies
60th Services Squadron

Travis is part of an exciting food service training program that is unique in the Air Force. Chefs from the Culinary Institute of America in Napa teach selected Travis food service personnel ways to improve upon menus and food presentation. Those employees then incorporate what they have learned into the Travis menus.

The program has only been in place for about two years, but the Travis food service personnel are already creating tasty results.

"The personnel who are selected to go to the CIA are the top performers selected by management," said Stewart. "After attending CIA classes, they are empowered to come back and implement new ideas and techniques amongst co-workers and management. The C-5 Cookies, KC-10 Brownies and attractive entrée presentation are examples of how the CIA training has paid off."

Senior Airman Naisha Scott has attended two CIA training programs. She went to Napa more than a year ago to learn new baking techniques, and last month she attended the cooking fundamentals class taught at Travis.

"It's a great partnership with CIA," said Scott. "We are learning a broader scope of food service including the importance of presentation."

This innovative program is one of the things that makes Travis stand out amongst its competition, said Services officials. The food service managers are always searching for newer, tastier, healthier foods and preparation techniques for the military they serve.



Nan Wylie / 60th CS Visual Information

Above left — Travis dining facility customers benefit everyday from the training Travis bakers received at the Culinary Institute of America ... delicious desserts. **Above right** — Senior Airman Naisha Scott, 60th



Linda Mann-Iamies / 60th Services Squadron

Travis Food Services goes for the gold

By Linda Mann-Iamies
60th Services Squadron

It takes quality food, friendly customer service, hard work and dedication on every level to create an award-winning restaurant, and Travis has done just that.

For three consecutive years, Travis Food Service has won Air Mobility Command's John L. Hennessy Award. Next week they will compete for recognition as the best food service operation in the Air Force.

This will be the sixth Hennessy evaluation Senior Airman Naisha Scott has been involved within the past three years. She began as a baker, moved to the kitchen, and is now the store-room manager at Golden Hills Dining Facility.

"All the details are important, from the recipe cards to sanitation," said Scott. "We have gotten back to basics to make sure every little detail is the way the Air Force wants it."

"Travis has always been good, but each year we strive to improve and perfect our operation," added Food Services Superintendent Master Sgt. George Stewart. "We do a fantastic job of taking care of everyone, from the airman in the dorm who eats at Sierra Inn four times a day to the pilot



Linda Mann-Iamies / 60th Services Squadron

One of the newest members of the Food Service team, Airman Jessica Fredline steams tortellini for the food line at Sierra Inn.

who stops at the Flight Kitchen for a quick box lunch before he takes off again."

One of the challenges large bases face in a competition like Hennessy is the evaluation of a group of facilities as one unit. Sierra Inn, Golden Hills, the Flight Kitchen, the Fire Station Kitchen, the Readiness office

and Food Service Staff office all have to be up to the Air Force Golden Eagle standards if Travis is to win the trophy.

"Teamwork is the key," said Scott. "We work together and really focus on the mission. We want to do and be our best and Hennessy rewards that effort."

Even the newest staff members see the value of the Hennessy competition.

Airman Jessica Fredline arrived at Travis from technical school just a couple months before the AMC competition in October. Even with a food services background, she had a lot to learn about the Air Force way of doing things before the evaluators arrived.

"We always work hard to get good meals out to the troops, but Hennessy makes us improve ourselves and we show them what we are capable of doing," said Fredline.

Travis is competing in the multiple-facility category and will be judged in six key areas, including kitchen operations, serving and dining operations, training (to include personnel and readiness), sanitation, maintenance of the facility, and overall management practices.

The team that will decide the winner of the 47th annual Hennessy Trophy, sponsored by the National Restaurant Association,

consists of food service experts in the military and private sector. Capt. David Ellison, Team Chief, and Senior Master Sgt. John Martin, chief of Air Force Food Service Operations, both hail from the Air Force Services Agency in San Antonio, Texas. Carman Vaclebre from the National Restaurant Association and Dr. Robert Mathews from the International Food Service Executives Association, round out the team.

The Air Force Hennessy team will arrive at Travis Monday and begin their evaluations the following day. They will take a whirlwind tour of all Travis dining facilities — eating, observing and asking questions for two days.

The team will be evaluating seven multiple-category facilities that are competing for the "Best in the Air Force" title. These include: Osan Air Base, Republic of South Korea; Dyess Air Force Base, Texas; Hulbert Field, Fla.; Vandenberg Air Force Base, Calif.; Eglin Air Force Base, Fla.; Ramstein Air Base, Germany; Lackland Air Force Base, Texas; and Travis.

"We are proud of our three AMC wins and hope this year to take home the Air Force trophy," Scott said. "But win, or not, we can be proud of our winning team here at Travis."



Seven astronauts lost their lives when the Space Shuttle Columbia broke apart Saturday in the area over North Central Texas. They are, from left to right, David Brown (mission specialist 1), Rick Husband (commander), Laurel Clark (mission specialist 4), Kalpana Chawla (mission specialist 2), Michael Anderson (payload commander), William McCool (pilot), and Ilan Ramon (payload specialist 1).

Two airmen among seven lost in space shuttle disaster

SAN ANTONIO (AFPN) -- Two Air Force officers were among the seven astronauts lost when the Space Shuttle Columbia apparently broke apart at 9 a.m. EST Saturday in the area over north central Texas. Col. Rick Husband was the mission commander and Lt. Col. Michael Anderson was the payload commander. (See each officer's biography on this page.)

The shuttle was preparing to land at the Kennedy Space Center in Florida when NASA's Mission Control in Houston lost contact with the

crew. The space vehicle was at an altitude of about 203,000 feet and was traveling at approximately 12,500 miles per hour, or Mach 18, when contact was lost.

Other members of the crew included Cmdr. William McCool, U.S. Navy, pilot for STS-107; Capt. David Brown, U.S. Navy, mission specialist; Dr. Kalpana Chawla, flight engineer and mission specialist; Cmdr. Laurel Clark, U.S. Navy, mission specialist; and Israeli Air Force Col. Ilan Ramon, payload specialist.

Col. Rick Husband Commander

Rick Husband, 45, a colonel in the U.S. Air Force, was a test pilot and veteran of one spaceflight. He served as commander for STS-107. Husband received a bachelor of science in mechanical engineering from Texas Tech University in 1980 and a master of science in mechanical engineering from California State University-Fresno in 1990. As commander, Husband was responsible for the overall conduct of the mission. During the mission, he maneuvered Columbia as part of several experiments in the shuttle's payload bay that focused on the Earth and the Sun. Selected by NASA in December 1994, Husband served as the pilot of STS-96 in 1999 -- a 10-day mission during which the crew performed the first docking with the International Space Station. Prior to STS-107, Husband logged more than 235 hours in space.



Husband

Lt. Col. Michael Anderson Payload commander

Michael P. Anderson, 43, a lieutenant colonel in the U.S. Air Force, was a former instructor pilot and tactical officer, and a veteran of one spaceflight. Selected by NASA in December 1994, Anderson reported to the Johnson Space Center in March 1995. He served as Payload Commander and Mission Specialist 3 for STS-107. As payload commander he was responsible for the success (management) of the science mission aboard STS-107. Anderson received a bachelor of science in physics/ astronomy from University of Washington in 1981 and a master of science in physics from Creighton University in 1990. Selected by NASA in December 1994, Anderson flew on STS-89 in 1998 -- the eighth Shuttle-Mir docking mission. Prior to STS-107, Anderson logged more than 211 hours in space.



Anderson

President addresses nation on space shuttle Columbia tragedy

Editor's note -- The following are remarks by U.S. President George W. Bush concerning the loss of space shuttle Columbia.

"My fellow Americans, this day has brought terrible news and great sadness to our country. At 9:00 a.m. this morning, Mission Control in Houston lost contact with our Space Shuttle Columbia. A short time later, debris was seen falling from the skies above Texas. The Columbia is lost; there are no survivors.

"On board was a crew of seven: Colonel Rick Husband; Lt. Colonel Michael Anderson; Commander Laurel Clark; Captain David Brown; Commander William McCool; Dr. Kalpana Chawla; and Ilan Ramon, a Colonel in the Israeli Air Force. These men and women assumed great risk in the service to all humanity.

"In an age when space flight has come to seem almost routine, it is easy to overlook the dangers of travel by rocket, and the difficulties of navigating the fierce outer atmosphere of the Earth. These astronauts knew the dangers, and they faced them willingly, knowing they had a high and noble purpose in life. Because of their courage and daring and idealism, we will

miss them all the more. "All Americans today are thinking, as well, of the families of these men and women who have been given this sudden shock and grief. You're not alone. Our entire nation grieves with you. And those you loved will always have the respect and gratitude of this country.

"The cause in which they died will continue. Mankind is led into the darkness beyond our world by the inspiration of discovery and the longing to understand. Our journey into space will go on.

"In the skies today we saw destruction and tragedy. Yet farther than we can see there is comfort and hope. In the words of the prophet Isaiah, 'Lift your eyes and look to the heavens. Who created all these? He who brings out the starry hosts one by one and calls them each by name. Because of His great power and mighty strength, not one of them is missing.'

"The same Creator who names the stars also knows the names of the seven souls we mourn today. The crew of the shuttle Columbia did not return safely to Earth; yet we can pray that all are safely home.

"May God bless the grieving families, and may God continue to bless America."

Space Shuttle Columbia



Columbia, the oldest orbiter in the Shuttle fleet, was named after the Boston, Massachusetts-based sloop captained by American Robert Gray. On May 11, 1792, Gray and his crew maneuvered the Columbia past the dangerous sandbar at the mouth of a river extending more than 1,000 miles through what is today south-eastern British Columbia, Canada, and the Washington-Oregon border. The river was later named after the ship. The spaceship Columbia continued the pioneering legacy of its forebears, becoming the first Space Shuttle to fly into Earth orbit in 1981.

For more information concerning the shuttle disaster, visit www.nasa.gov/columbia/

CHAPEL

TRAVIS AIR FORCE BASE

Valentine celebration

The Protestant Women of the Chapel and the Active Couples Together Sharing are inviting Travis people to a Valentine Celebration Tuesday at the Travis Conference Center. The social hour will begin at 6:30 p.m., and a banquet will be served, along with music and dance, including live entertainment and karaoke. The cost is \$12, so come out and have a ball. To sign up, or for more information, contact Deanna Walker (8 a.m. Chapel Center worship), Pat Flye (10:30 a.m. Chapel Center Worship) or Barbara Davis (11 a.m. Chapel 1 Worship).

New chaplain arrives

Chaplain Corwin "Cory" Smith, a member of the National Baptist Church USA, is the newest chaplain on the Travis Chapel team. Smith will serve as the pastor of the 11 a.m. Protestant Gospel Service this Sunday. A "Soul Food Potluck" will follow the inspirational service. Smith was born in Enid, Okla., and spent three years in the U.S. Army Reserves.

Sunday School

Protestant Sunday School meets each Sunday at 9:15 a.m. at the Chapel Center. We have seen dramatic growth this year in the program with the addition of two new adult study groups. The newest of the "adult" groups is titled: Mission Possible: Experiencing God in the Family. The focus of the Sunday School time is that of unity. With three current Protestant worship programs, Sunday School serves as the common ground and focal point for the entire Protestant Parish. Our goal is to minister to the entire family by providing classes from the very young to the mature. We have professionally staffed facilities, which are designed to introduce those who are just learning to walk to the concepts of Christian life, as well as those who are seasoned believers in Christ who are looking for the challenge of Christian growth.

► Also new this year is the addition of a middle school group — people who are exploring ways to minister to the entire Travis population. As this group grows, their potential to tap into volunteer opportunities continues to grow as well.



The Worthens stand with some of the folks they said supported them during their experience. From left to right are, Col. Dan Steele, 60th Maintenance Group commander, Lt. Col. Lori Bass, 60th Component Maintenance Squadron commander, Sarah Worthen, Todd Worthen, Senior Airman Joshua Worthen, and Brig. Gen. Brad Baker, 60th AMW commander.

Mind over Matter

Travis team helps airman overcome brain tumor ordeal

By 1st Lt. Angela Arredondo
60th AMW Public Affairs

At first, Senior Airman Joshua Worthen thought his headaches were just migraines caused by stress.

Worthen — an aircraft communication and navigational equipment specialist with the 60th Component Maintenance Squadron — began feeling ill in October 2002, a few weeks after his 14-month-old daughter, Laurn, was diagnosed with a neurological movement disorder.

"The headaches just would not go away and I thought it was because the doctors had just told us Laurn had [Dopa-Responsive Dystonia]. We were relieved to finally know what the problem was and how to treat her, but we were still so worried," Worthen said.

Dopa-Responsive Dystonia, or DRD, is rare disorder caused by an inadequate supply of dopamine to the brain. People with DRD can be afflicted with stiff movement, slowness, tremors and balance difficulties. However, DRD can be treated successfully with dopa-therapy drugs and other remedies.

Worthen, his wife, Sarah, and their son, Todd, 4, prepared to tackle Laurn's treatment when the most unexpected

ed happened on Nov. 10, 2002.

"I couldn't stand," Worthen said. "I could barely move or get out of bed. I couldn't even see or hear."

Worthen contacted Dr. John Brynn, a family friend who works at David Grant Medical Center. Brynn immediately had Worthen rushed to the emergency room at the base hospital. Doctors initially suspected Worthen had spinal meningitis. However, a CAT scan revealed the source of his problems was something else.

"He had brain tumor about the size of a small apple on his left frontal lobe," Sarah said.

The tumor was about 8 to 9 centimeters in diameter. Worthen underwent brain surgery for five hours on Nov. 13, while more than 20 family members, friends and coworkers waited in the wings.

"I have bits and pieces of information about the surgery that I have gotten from Sarah and my family, but I don't remember much," Worthen said.

"It was very scary," said Sarah. "But he had the highest spirits the day of the surgery. We were so proud of him. He kept saying, 'I know I am going to get through this' and, 'Things are going to work out for me.' He told me he wasn't scared at all because of all of



Photos by 1st Lt. Angela Arredondo / 60th AMW Public Affairs

Senior Airman Joshua Worthen plays with his son Todd, as 60th AMW Command Chief Master Sgt. Kirk Whitman looks on.

the love he felt from the family surrounding him."

About 70 to 80 percent of the tumor was removed. The rest of the tumor is being treated with mild, home-administered chemotherapy for one year. An MRI every other month monitors the progress of the tumor. Worthen's doctors do not know why he had a tumor, but the airman is participating in a University of California - San Francisco study to research if the tumor can be traced to historical causes such as environmental factors.

The Worthens said they received strength and comfort through their family, friends, coworkers and faith. They are members of the of the Church of Jesus Christ of Latter-Day Saints. The Fairfield Second Ward helped support the family by fixing meals and frequent visitations. Additionally, the 60th CMS and 60th Maintenance Group helped raise about \$1,000 to help cover expenses. The Worthens were also the 60th AMW commander's special guests at the wing Holiday party in December.

Worthen returned to work Monday, and the Avionics shop held a welcome back party for

the avionics technician.

"Airman Worthen is a great worker and everyone is happy to see him again," said Steve Francis, Avionics shop dayshift supervisor. "He has a high reliability rate and he turns out parts ahead of schedule. He has a 'can do' attitude and he is an example for others to follow."

"My recovery was made much easier because of all the people who helped out - there were so many. The Air Force has been extremely helpful in my medical care and also for my daughter. We couldn't have done this on our own," Worthen said.

The family is preparing for their next challenge - treatment for Laurn's condition. They are traveling to Los Angeles later this month to determine the toddler's exact drug dosage to manage her DRD.

"We are extremely excited. She has a treatable condition and the doctors just need to determine the exact amount of dopamine she's producing so they can supplement that with drugs. It will be so wonderful to just play with her again, interact and see her joy," Sarah said.

Don't be dunce ...

Don't
drink
and
drive!



COMMUNITY BRIEFS

TRAVIS AIR FORCE BASE

Announcements

Valentine's Day reservations

The Delta Breeze Club is now accepting reservations for Valentines Fine Dining from 6 to 10 p.m. Feb. 14. This is a member's only event and all reservations must be made in advance with a club or credit card. Filet mignon or salmon dinner with a glass of champagne is \$19.95 per person. Carnations will be given to the ladies. Call 437-3711 for reservations.

Appreciation trip

Take the Outdoor Adventure Program ski shuttle to Northstar at Tahoe for free Feb. 22. Transportation costs are paid by First Command, and OAP will give away door prizes from Coast 2 Coast Communications of Vallejo. There are a limited number of seats, so call 424-5659, and sign up early.

Services

Today

» The Delta Breeze Club's super socials, from 4 to 6 p.m. Fridays, now have a different theme each week including Asian, Mexican, Cajun, Italian, German and chef's choice. There will be drink specials and free hors d'oeuvres in both lounges with bar bingo and danceable jazz in the Gold Rush Lounge until 9 p.m.

Saturday

» Take a tour of Napa Valley, from shopping in Yountville to wine tasting, the destinations will be decided by the passengers. This is an adult-only trip and all participants must have an ID in order to taste wines. Call Information, Tickets and Travel at 424-5659 for details.

» Dance to hip-hop, R&B and old school from 10 p.m. to 3 a.m. at the DBC. There will be dance contests and door prizes. There is a \$6 cover, but members pay \$3.

Tuesday

» The Mitchell Memorial Library hosts a story time for preschoolers from 9:30 to 10:15 a.m. The children listen to a story or two and are then invited to do a seasonal art project.

Call 424-3279 for more information or to be a volunteer reader.

Wednesday

» Dance and karaoke at the DBC from 9 p.m. to midnight. There is a \$3 cover for guests, but members get in free.

Thursday

» It's the last day to sign up for the advanced frame class, scheduled for Feb. 22 from 9 a.m. to noon. Only individuals with framing experience are invited to participate. The \$30 fee includes materials and must be paid by Thursday. Call the Frame Shop at 424-4391 for more information.

Family Support

Monday

» Spouse employment orientation is from 9 to 10 a.m. for newly arrived spouses. Learn about employment and career development programs at the Family Support Center. Call 424-2486.

Tuesday

» Tuesday and Thursday from 8 a.m. to 2 p.m. the FSC readiness NCO will conduct briefings for all personnel tasked for deployment or TDY. Call 424-2486 for reservations. Those unable to make scheduled briefings may arrange for a one-on-one briefing.

» Resume Writing Skills is from 8 a.m. to noon. Learn about formats, cover letters and marketing plans. Individual resume review sessions are available by appointment.

» The Uniformed Services Thrift Savings Plan briefing is at 2 p.m. Call 424-2486.

» The Heart Link briefing is at 6 p.m. to acquaint new Air Force spouses with services and programs at Travis. Call 424-2486.

Wednesday

» WIC representatives are at the FSC from 8 a.m. to 4 p.m. by appointment only. Call 435-2200.

Thursday

» Change Management class, 9 a.m. to noon. Call 424-2486.

» WIC representatives will be at the FSC from 8 a.m. to 4 p.m. by appointment only.

Fitness gets personal

Travis Trainers motivate Fitness Center patrons

Story and photos by
Linda Mann-Iames
60th Service Squadron

Traditionally, the highest increase in gym membership nationwide each year is the first few weeks of January — people trying to fulfill their New Year's resolutions.

Many of those new members stop working out by February.

Some people lose their motivation when they don't see quick results, others just don't know how to use the equipment and feel uncomfortable in a gym. Whatever the reason, the Travis Fitness Center wants to motivate every member of the base community to get in shape and continue to work out.

"With the variety of classes, cardio and resistance machines and free weights available at the Fitness Center, just about everyone can find the right kind of workout for them,"

— Barbara Hickenbottom
Fitness Director

One of the benefits of most gym memberships is access to personal trainers — usually for a hefty additional charge. Patrons of the Travis Fitness Center are able to use the gym for free and hire certified personal trainers for a small portion of what off-base gyms are charging.

"We only charge \$25 an hour for a personal trainer, but other big gyms charge a member-



Joe Alimorong, once a C-5 crew chief, now certified personal trainer, loves helping people achieve their goals at the Fitness Center.



Alimorong's job as personal trainer includes instructing clients how to use the exercise equipment at the Fitness Center and how to get the most of their workout routine.

ship fee and an additional \$50 to \$75 per hour for personal training," said Travis Personal Trainer Joe Alimorong.

Peaches Hill, a waitress at the Delta Breeze Club, wanted to get in shape, but never felt like she had the time to go to the gym. Then, about six months ago, she met Alimorong and started a serious workout routine with his assistance.

"My excuse was, 'I don't have time,' but now this is my time," said Hill. "It is something I like and I want to do for myself."

Alimorong is impressed with Hill's improvement.

"This is one of the benefits of being a personal trainer — watching the changes and improvements in my clients," Alimorong said.

Alimorong came to Travis as a C-5 crew chief and ended up a personal trainer.

"I just stumbled on the job. I always helped

other people when I was working out at the Fitness Center. The staff noticed and offered me the chance to go to a Cooper Institute class to become a certified instructor after I separated from the Air Force," said Alimorong.

"My job is to motivate people," he said. "We (personal trainers) can develop a personalized exercise program, do an assessment test or just offer a few tips now and then — whatever the individual needs."

Hill decided she wants to become a body builder and is counting on her trainer to help her reach her goal by next year.

"I feel better, look good and I know I am getting there," said Hill. "Thanks to Joe."

There are personal trainers at the Fitness Center every day, so same-day or next-day appointments are usually available.

To make an appointment or learn more about the personal trainers, call 424-2008.

Tongue piercing can present dangers to oral health

Editor's note — This article is the first in a series of stories in recognition of National Children's Dental Health Month.

By 60th Dental Squadron

It's not a surprise these days to see some people sporting a pierced tongue, lips or cheeks.

The surprise for some of these folks, however, is that piercings can be dangerous. Visits to the emergency room or doctors office are not usually on the minds of those who are electing to have

piercings.

However, there are some things that should be considered when contemplating a piercing.

The human mouth contains millions of bacteria, and infection is a common complication of oral piercing. Other side effects include pain and swelling. The most popular piercing site in the mouth — the tongue — could swell enough to close off a person's airway.

Additionally, regardless of how experienced the person doing the piercing claims to be, piercing can cause uncon-

trollable bleeding and nerve damage.

Piercing can also be extremely painful and result in swelling and increased saliva flow — even drooling. And healing may take six weeks or longer, especially if there are complications.

Even if the piercing injury doesn't cause any trouble, people should be aware of the potential hazards that mouth jewelry presents:

► People can easily choke on any studs, barbells or hoops that come loose in their mouth.

► The jewelry can chip or crack the teeth.

► Jewelry worn in the mouth can hinder that person's ability to eat, not to mention their speech. It's hard for a person to be cool when they can't pronounce their words or when pieces of lunch are stuck to a tiny barbell in their mouth.

Piercing is a so-called fashion statement that involves more than just deciding what jewelry will be attached and where. This decision could have consequences for oral health, too.

SPORTS SHORTS

TRAVIS AIR FORCE BASE

Fitness scholarship

Last year two Travis youth won the National Fitness Authority decathlon — receiving a trip to the White House and scholarships. This year's competition is about to begin. Students 10 to 18 years old may sign up March 1 from 1 to 5 p.m. at the Fitness Center. Competitors must join or be current members of the Travis Boys and Girls Club. Call Larry Williams at the Teen Zone at 424-3131 for more information.

Golf special

Cypress Lakes is offering a chili weather golf special,

which includes green fees, cart rental, a sleeve of golf balls and a chili dog with soda. This special is only available weekdays until the end of February. Ranks E1 to E4 pay \$23, E5 and higher and DoD civilians pay \$26 and civilian guests pay \$35. Call 424-5759 for tee times.

Kayaking trip

Kayak the Consumnes River Preserve Saturday or camp out and kayak at Tomales Bay March 1 and 2 with the Outdoor Adventure Program. Participants in the Out and Back Trips will receive free gifts from Out-back Steakhouse and Coast 2

Coast Communications. Call Outdoor Recreation at 424-5659 to sign up.

New exercise class

The Travis Fitness Center now has a class for pregnant women and new mothers. The class, from 9:30 to 10:30 a.m. every Tuesday and Thursday, is designed to improve stamina and strength, relieve back pain and leg cramps and keep the body in shape during pregnancy.

The class is open to pregnant women and women who have given birth within the last six months. Babies less than six months old may accompany their mothers.

TRAVIS CINEMA

The Travis theater will be closed for renovation from Feb. 3 to early August. During the renovation, seats will be upgraded, soundproofing will be incorporated, and the building will undergo upgrades to meet base standards. Watch the *Tailwind* for details on its re-opening.

Visit www.aafes.com/ems.

Military Personnel and Immediate Family

To reach members of your family in times of emergency need, call the American Red Cross Armed Forces Emergency Service Center toll-free at 1-877-272-7337.



Boxing Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Kickboxing 5-7 p.m. Dan Stell		Kickboxing 5-7 p.m. Dan Stell	
Kickboxing 7-9 p.m. Dan Stell		Kickboxing 7-9 p.m. Dan Stell		

Martial Arts Dojo Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Intro to Pkgs 12:00-1:30 p.m. HAWK/Nikki	Pyg 8 a.m. - 7 a.m. Nikki Pyg 12:30 a.m. - 1:30 p.m. Nikki	Uchi in a bag 11-12:30 1st & 2nd Yell Kajukembo 5-6:30 p.m. Chasle	Pyg 6 a.m. - 7 a.m. Nikki Yoga 12:30 a.m. - 1:30 p.m. Dana	Pyg 8:30-9:30 Nikki Kajukembo 4:30-5 p.m. Chasle
Kung Fu San Soo 5:30-8 p.m. Beto	Wing Chun 6:30-8 p.m. James	Kung Fu San Soo 6:30-8 p.m. Beto	Wing Chun 6:30-8 p.m. James	

Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core Cycling 6:30-8:30 a.m. Lari	Core Step 8:30-9:30 a.m. Rita	Core Cycling 6:30-8:30 a.m. Lari	Core Step 8:30-9:30 a.m. Rita		Cycling 8-9 a.m.
Cardio/Cycle 9:30-11:30 a.m. Nikki	Devex Fitness 9-10 a.m. Rita	Yoga 9:30-10:30 a.m. Dana	Devex Fitness 9-10 a.m. Rita	Pyg 8:30-9:30 a.m. Marti/Larry/Dan Nikki	Total Fitness 9-10 a.m.
Core Step 11:30 am-12:30 p.m. Harvey	Core Cycling 11:30 am-12:30 p.m. Mark	Core Step 11:30 am-12:30 p.m. Harvey	Core Cycling 11:30 am-12:30 p.m. Mark	Core Step 11:30 am-12:30 p.m. Harvey	
		Intro to Cycling 12:30 p.m. - 1:30 p.m. HAWK/Nikki			
	Squadron Cycle 3-4 p.m. 15th AF		Squadron Cycle 3-4 p.m. 15th AF		
Fit Fitness (12 & older) 4-5 p.m. Rita	Squadron Cycle 4-5 p.m. MOG	Fit Fitness (12 & older) 4-5 p.m. Rita	Squadron Cycle 4-5 p.m. MOG		
Core Step 5-6 p.m. Rita	Core Step 5-6 p.m. Kathy/Harvey	Core Step 5-6 p.m. Tanya	Core Cycling 5-6 p.m. Rita	Core Kickboxing 5-6 p.m. Tanya	
Boys & Girls Kickboxing 6-7 p.m. America/Alan	Core Power Blast 6-7 p.m. Kathy/Nikki		Power Blast 6-7 p.m. Rita	Yoga 6-7 p.m. Tanya	
Cycling 7-8 p.m. Lari	Cycling 7-8 p.m. Rita	Cycling 7-8 p.m. Lari	Cycling 7-8 p.m. Lari		

AEROBIC AND EXERCISE PROGRAM Please check the current schedule for seasonal changes. Core classes are free to active duty military only. You must present your military ID to be allowed into the class. All other classes require a pass for both active duty and other authorized users. For details, call 424-2009.

Looking for Sports Info.

The Tailwind is always looking for sports news and features. If you have an idea for a sports story, call the Tailwind at 424-0131. Sports stories can include unusual hobbies as well.

